



# THE PRACTICAL HOUSEKEEPER'S OWN PAGE



## Recipes From Europe

### RECIPES FROM EUROPE.

**Croute au pot:** Piquant mince.  
**Poenta cutlets:** Braised fillet of beef.  
**Tomato rice:** Baked lemon pudding.  
**Keboob curry:** Dresden wafers.  
**Sardines a la Provençal.**

### CROUTE AU POT.

**Required:** A loaf of bread, rich clear stock, two carrots, two turnips, pepper, salt, and grated Parmesan cheese.  
**Method:** Cut off the bottom crust of a loaf, leaving the same thickness of crumb as there is crust. Cut this into squares and then trim into small rounds about the size of 50 cent pieces. Have ready some rich clear stock, in which soak the bread, arrange in a buttered tin, and set in oven till dry and crisp. Cut some carrots and turnips into fancy shapes, and boil in salted water until cooked, then drain dry. Place the pieces of bread and vegetable in the tureen, and pour the clear nicely flavored boiling soup over, and serve at once. Hand grated Parmesan cheese with this dish.

### POLENTA CUTLETS.

**Required:** One quart of milk, Indian meal, three ounces of grated cheese, fresh butter, pepper and salt.  
**Method:** This is a luncheon dish constantly served abroad, and is deserving of notice in our homes. Take a quart of milk, scald it and then stir in enough Indian meal (or Semolina) to make it thick. Stir while it cooks until smooth, adding two heaped tablespoons of grated cheese, and cook for an extra five minutes. Turn the batter into a large pie dish and cook for quite a quarter of an hour, then let the Polenta get cold. Turn out on to a board, cut in slices half an inch thick, then divide each into cakes or rounds of any size preferred. Take the dish on which you wish to serve the cutlets, and arrange the pieces on it in a circle, one just overlapping the other, pour some run butter on each and scatter grated cheese over. Brown in a sharp oven and serve at once.

### TOMATO RICE.

**Required:** One ounce of butter, four ounces of rice, and one small onion, one pint of cooked tomatoes, half a pint of stock, pepper and salt, chopped parsley, two eggs.  
**Method:** Set the butter in a frying pan and in it slowly cook the chopped onion till it smells strongly, then add the washed and dried rice and stir constantly until slightly browned. Take nearly a pint of mashed and strained cooked tomatoes, and mix with the stock. Add this to the rice, etc., in a clean stew pan and cook slowly till the rice is quite tender and the broth quite absorbed. Just before serving stir in one ounce of butter, and season to taste, arrange in a dainty pile, scatter chopped parsley over, and garnish further with slices of hard boiled egg.

### KEBOOB CURRY.

**Required:** Two pounds of raw veal, two or three pieces of green ginger, two or three onions, three-quarters of a pint of good curry sauce and rice.  
**Method:** Besides the meat and usual ingredients for this dish, some small wooden skewers two and a half inches long will be required. Take two pounds of raw veal, two or three pieces of green ginger, and two or three onions. First scald the skewers, peel the ginger and slice it rather thinly. Cut the meat free from fat into pieces one inch and a half square. On to each skewer put meat, ginger and onion alternately, until the skewer is full. Make a good rich curry sauce, stew the meat slowly in it until it is cooked. Arrange the skewers in the middle of a hot dish, pour the sauce over, and surround with a border of well boiled rice.

### PIQUANT MINCE.

**Required:** Cold beef or mutton, a few olives, half a pint of vinegar, small clove or garlic, two shallots of bay leaf, bunch of herbs, three-quarters of a pint of brown stock, one ounce of butter, one ounce of flour, mashed potatoes.  
**Method:** Take the remains of a cold joint of beef or mutton, and mince very finely with some olives. Boil together for twenty minutes the vinegar, the garlic, the bay leaves, the shallots, the bunch of herbs, add three-quarters of a pint of brown stock made from the bones of the joint. Rub the butter and flour together, add to the sauce, boil up while stirring, and when quite smooth strain into a clean stew pan. Add the finely chopped meat free from fat and gristle, and let all heat through slowly. Meanwhile, prepare the garnish by frying small balls of mashed potato to a golden brown color, and stone a few olives. Place the meat in a hot (sauce) dish, and garnish the edge with potato balls and olives.

### BRAISED FILLET OF BEEF.

**Required:** Undercut, two slices of bacon, a little salt pork, one onion, two carrots, stick of celery, two cloves, half a blade of mace, half a pint of stock, seasonings and potato.  
**Method:** Take the undercut, trim off the fat, lard the top with the salt pork. Put the slices of bacon into a stewpan, on this place the fillet with the larded side uppermost, and round it put the sliced vegetables, a bouquet of herbs, and the spices. Put a piece of buttered paper on top, cover the pan, and let the contents simmer gently till the meat is tender. Set the fillet on a dish in the oven to crisp the bacon, while you thicken and color the gravy, seasoning it, and if you have it adding a little port wine. Strain the gravy over the meat, and garnish the dish with potato ribbons.

### BAKED LEMON PUDDING.

**Required:** Three ounces of bread crumbs, one pint of boiling milk, two eggs, three ounces of castor sugar, two ounces of butter, grated rind of lemon, lemon curd and a few chopped almonds.

**Method:** Put the fine white bread crumbs into a basin, and pour over them the boiling milk, cover with a plate and set to cool. Warm the butter, and add to the other ingredients with the grated lemon rind. Beat all the ingredients into the soaked bread, and pour the mixture into a greased pie dish. Bake carefully till set, spread with lemon curd, and on it pile the beaten whites of the eggs. Return to the oven for a few minutes, so that the meringue may brown. Scatter a few chopped almonds over, and serve very hot.

### DRESDEN WAFERS.

**Required:** Two ounces of fresh butter, two ounces of castor sugar, two tablespoons of flour, three eggs, a teaspoonful of milk, a little butter, and jam.  
**Method:** Beat the butter to a cream, with the flour, yolks of eggs and the milk. Lastly add the stiffly beaten whites of eggs. Have ready five buttered saucers. Pour some of the mixture into each, and bake twenty minutes in a good brisk oven. Dish these folded in half with a little jam in each. Scatter castor sugar over all and serve at once.

### SARDINES A LA PROVENÇAL.

**Required:** Sardines, butter, a tablespoonful of grated cheese, croutons of bread, cayenne, and a dash of tarragon vinegar.  
**Method:** Drain and wipe as many sardines as you have guests to serve. Split each in half, remove the bones, dip in warm butter, roll in grated cheese and place the fish on croutons of bread just wide enough to take two fillets. Set in a quick oven for a few minutes and serve when quite hot.

**Note:**—Any of the second, third, fourth or fifth dishes would make an excellent entrée for a small dinner party, while the last is a good savory.

### ORANGE MARMALADES.

**G. H. T. W.:** Below are two recipes for marmalade, one calling for the bitter Seville, the other for the ordinary sweet orange. The genuine bitter marmalade prepared only from the Seville orange, which is not easy to obtain in this country. The ordinary orange, however, if a few lemons are added, makes a fairly good substitute.

The first rule is for a transparent variety, which is a genuine Scotch recipe given by a housekeeper, a native of Scotland, where they know just how to prepare delicious marmalades. Select Seville oranges of good quality. Squeeze out the juice, setting it aside, and put the rinds in a jelly pan with a plentiful supply of water. Boil them until soft, adding more water as it boils down, if necessary. When thoroughly cooked, turn the mixture into a bag, pressing and squeezing the mass as hard as possible to secure all the juice. Mix this juice with the juice that was taken from the fruit before boiling; then measure, and to every pint of it add one and a half pounds of lump sugar. Boil it for half an hour, then test by putting a teaspoonful on a saucer to become cool. If when cool the jelly curls when twisted or pushed by the finger it is ready. Remove the syrup from the stove and fill marmalade jars with it, sealing as usual with brandy papers, etc.

A so-called "Dundee marmalade" made with the ordinary orange, the recipe for which an excellent authority gives, calls for the use of two lemons to every dozen of large oranges, thus offering a fair substitute when Seville oranges are difficult to obtain. Slice the oranges very thin, removing the seeds and adding if possible a bitter orange to every dozen. Add the lemons, or merely their juice, and enough cold water to make seven pints. Let the fruit and water stand overnight in a covered earthen bowl. The next morning put over the fire in a preserving kettle and let the fruit cook until the strips of rind are tender. Then add seven pounds of loaf or granulated sugar. Let it continue to boil gently, stirring frequently, until the rind is transparent and a spoonful of the marmalade, when cooled, has a jellylike consistency. Upon its reaching this point take the preserving kettle off the fire. Let the marmalade become partly cooled in the kettle and then transfer it to jars or jelly glasses. To seal properly, fit a round of paper dipped in brandy in the top of each jar. Then put on the covers, or, if the jars have no covers, seal the top with paper brushed with the white of an egg, allowing no corners or spaces where air can reach.

### HEALTH AND BEAUTY.

Apply arnica to a bruise if the skin is unbroken. If broken wash the bruise and apply vaseline.

Women who walk with no heels make a mistake. The heel preserves the arch of the foot and prevents it from becoming flat. It keeps the ankle round and is a help to the spine.

No application is better for lusterless hair than salt. Rub well into the roots of the hair at night, then tie up in a large handkerchief or wear a nightcap. Brush out the salt in the morning. Several applications will show a marked improvement in the appearance of the hair.

If you are going to a dance or reception and do not wish your face to have a shiny look, then use this preparation, which is perfectly harmless and gives a beautiful white color to the skin: Take a half cup of hot water and place in it one teaspoonful of lemon juice, a little cologne and two tablespoons of Epsom salts. Apply.

Habitually eating soft foods, to the exclusion of everything that is hard or crusty, will not only weaken the digestive organs, but will lead to rapid decay of the teeth. When these are not used in the mastication of harder foods they become weak, just as any muscle will that is not given sufficient work to do.

## Cakes for St. Patrick's Day Functions

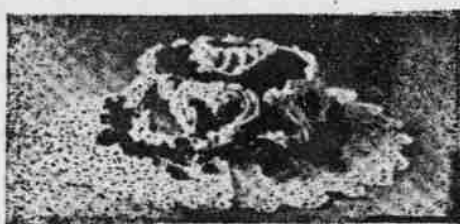
**Erin Loaf.**—Cream one cupful of butter; then add two and half cupfuls fine granulated sugar and cream again; then add three whole eggs, one at a time, beating between each addition until well incorporated; then add three more yolks, reserving the whites of these for the icing; beat for five minutes; then



Erin Loaf.

add one cupful of milk and one pint of flour, one and half teaspoonfuls baking powder, one teaspoonful almond extract. Pour into a loaf tin lined with buttered paper and bake in a moderate oven about one hour, or until a straw thrust in center comes out clean. Invert onto a buttered paper and let stand until it slips easily from the pan. When cold, ice; let the first coat become dry; then add another. Ornament with icing pressed through a pastry bag and tube; then add green bonbons or glace fruit. Flavor the icing with almond.

**Limerick Cake.**—One cupful butter creamed with two cupfuls sugar, add fine egg yolks beaten; one cupful sour milk; two and half cupfuls flour in



Limerick Cake.

which sift one level teaspoonful of bicarbonate soda; then fold in the whites

### MOCK TURTLE SOUP.

This recipe, though it does not use fresh vegetables exclusively, is too good to be omitted from the list: It requires one quart of black beans, one shank of beef, and two large onions. Boil the beans and the beef separately all day, adding water when necessary. Rub the beans when done through a colander while they are hot. Boil with the beef the onions, one tablespoonful of whole cloves and one of allspice. Pour the mixture through a colander and mix at night, while hot, with the strained beans. Cook only long enough to warm the next day. Serve with slices of lemon and hard-boiled egg.

### FISH CHOWDER.

One and a half pounds of haddock cut from the middle of the fish. Scald and remove the skin. Boil fifteen minutes in sufficient water to cover it, and when cool, take out the bones. Put the fish, with the water in which it was boiled, into a double kettle with one pint of milk and a piece of butter the size of an egg. Add black pepper, a little red pepper and salt, two potatoes sliced thin, and one onion cut into bits. Cook one hour and, just before serving, add half a cup of cream. Toasted hard crackers may be laid in the soup plates.

### NEW THINGS FOR THE HOUSE-KEEPER.

In the March Woman's Home Companion Fannie Merritt Farmer gives her attention to the needs of the young housekeeper, and her talk is well worthy the careful reading of any woman of the home who is on the lookout for new, simple and good things.

A bean rabbit is just one of her many good hints to housekeepers: "Just the way to use the last of the baked beans! Melt two tablespoons of butter, add one teaspoonful of salt, one eighth of a teaspoonful of paprika, one half cupful of milk and one cupful of cold mashed baked beans. Stir until thoroughly heated, and add one half cupful of grated soft, mild cheese. As soon as the cheese has melted, serve on small circular pieces of toasted bread or zephyrettes. It may be readily seen that this recipe is admirably adapted for chafing-dish use."

### NEW OLIVE RELISH.

Olives stuffed with cheese are a unique relish. Use the large queen olives. Season a little Neufchatel or a cream cheese with four saltspoonfuls of salt, two scant saltspoonfuls of cayenne pepper, a teaspoonful of chopped parsley and anchovy essence. Mix all thoroughly and stuff the olives. Queen olives are also delicious when stuffed with Russian caviar. Serve on the daintiest of lettuce leaves.

Tall flower vases should be weighted by pouring in a small quantity of shot or pebbles that they may not be easily overturned. Sand is also useful in this connection.

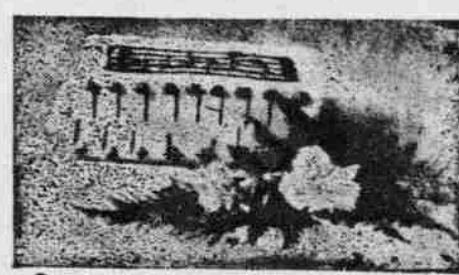
### SEWING LACE.

Here's a tip that will save many a rip in your summer clothes. When sewing the two raw edges of fine lace together, like the tiny lace ruffle on lingerie waists or dresses, do not fell it in the old-fashioned way. Place the two right sides together and bind the edge with the finest thread, making a buttonhole stitch along the edge. Put a stitch in each mesh and you will have a neat lace seam, which, when pressed, can scarcely be observed and will not fray.

of eggs beaten until stiff and dry; bake in four layers. When cold put together with melted marshmallows, in which beat chopped blanched almonds and chopped fruit—raisins, candied cherries, etc. Cover the whole cake with an icing colored green and flavored with pistachio. Let dry, then with a pastry tube and bag ornament the top with a white icing harp, and the sides with scrolls and rosettes. Flavor the white icing with almond extract.

A novelty in cakes for this occasion would be to make a white cake and color the batter a delicate green; then ice in white and garnish with green candied fruits. When oxalis can be secured use it to wreath the cakes, as it represents the shamrock.

**Colleen Cake.**—Cream two cupfuls of butter to a white cream; then add three cupfuls of sugar and beat until smooth; then add one cupful milk, four cupfuls



Colleen Cake.

of flour, one cupful stoned raisins, one-half cupful cleaned currants, one-fourth cupful each of cinnamon and cloves; whites of five eggs, two teaspoonfuls baking powder. Pour in a paper-lined pan and bake in a moderate oven for one and half hours. When cold, ice with white icing flavored with nutmeg extract. Melt sweetened chocolate; then with a clean paint brush, draw a bar of music on top—the first of "St. Patrick's Day in the Morning" is suitable and pertinent to the occasion. On the side decorate with the notes. If preferred this decoration can be done with green icing.

### CLAM SOUP.

One pint of clams, one teaspoonful of cream, one small onion, piece of butter half the size of an egg and one small bay leaf. Put the soft part of the clams in a dish by themselves. Cut off the dark, tough part of the necks and put in a pan on the stove to boil with one pint of water, the onion, chopped fine, and the bay leaf. Then take the other tough parts of the clams and, after chopping fine, put with the soft parts. When the mixture on the fire has boiled for an hour, take it off and strain through the colander into a sauce-pan. If there is less than a pint of this liquor, fill up to that amount with hot water and put over the fire. When it is boiling hot, put in the uncooked clams and then the butter. Salt to taste, add a little black pepper and a little red pepper and let it scald a minute or two. Add the cream and serve immediately. Great care should be taken not to cook the clams too much. Overcooking toughens them.

### FINANCIERING IN THE KITCHEN.

Anna Steese Richardson, in the March number of Woman's Home Companion, gives some helps that are of inestimable value to the housewife, and especially to the girl who earns her own living.

One woman writes her: "How can I earn money without leaving home? Can a woman whose one talent is housekeeping turn it to practical account?"

Her reply in part is: "The woman who can cook well, who knows how to prepare dainty as well as wholesome food, who has something worth offering in the culinary line, is really better off to-day than the home girl who is an indifferent cook, but free to turn to office or store work when the family income drives her to wage earning."

"In every city the country over you will find women who seldom leave their kitchens, yet make incomes that put a stenographer or bookkeeper to shame."

"They bake cakes, bread and pies for private customers, or exchanges for women's work, or grocers. They specialize on salads or jellies or home-made candies. They provide college spreads at university towns. They cater to hostesses who cannot afford the professional caterer from the nearest city, and whose servants are not to be trusted with dainties for luncheons, card parties, receptions, etc."

### STRING BEAN SOUP.

Make a strong stock of a knuckle of veal, three quarts of water, and a sliced onion. Let it cook at least five hours, then strain. When done, there should be about a quart of the stock. Make this the day before it is wanted, so that every particle of the fat may be removed before it is used. Just before dinner put into a saucepan a piece of butter as large as a small egg, and a heaping tablespoonful of flour. Boil until tender string-beans enough to make a cupful of pulp after they have been pressed through a colander. Let the butter and flour cook together a few minutes, but not long enough to brown, and just before serving add the stock, a cupful of hot cream, the pulp of the beans, a speck of cayenne, salt, and a little white pepper. Do not let the soup boil after all the ingredients are together, or it will curdle.

Mrs. Gadder (rising to depart)—Well, you must come and call on me some day. It's your turn now. Mrs. Chilli-con-Kearney—Yes; I think it has been my turn for the last five or six times, hasn't it?—Chicago Tribune.

## Fake Stage Meals

And the Misery They Cause Actors.

New York City, Feb. 20, 1908.

If you have never seen Beatrice Herford you have something still left to live for. All her monologues are good, but she has one about a boarding house, "The Habitual Boarder," it is called, I think, in which she is inimitable. She is supposed to be seated at a table taking breakfast, and her pantomime is so excellent that you can absolutely follow her from fruit and oatmeal to eggs. She is a happy woman, however, that her meal is an imaginary one and that she is not forced, like so many actors, to smile and look pleasant over a stage banquet that is enough to turn the stomach of an ostrich.

Audiences watching the stage meals that are apparently so much enjoyed by the actors, have no notion what is the real cause of the alacrity with which stage people leave a stage table.

It is because, these feasts are left to the tender mercies of a Creation-of-the-Evil-One known as the Property Man, and because it depends entirely on this worthy, whether the food and drink provided shall be fit for consumption or otherwise.

In olden times people drank hearty draughts of nothing from empty goblets, nowadays when realism is demanded, there must be food on the plates, liquid in the glasses and the actor must really eat and drink.

This rule is all right enough in the metropolis, but on the road the troubles begin, for it is then that the Property Man gets in his deadly work.

Mr. Willie Edouin had a specimen of this genius in his company, who besides being a Property Man was also a Dutchman. He combined the in-born devilishness of his calling with the natural thick-headedness of his race, and take him all in all he was hard to beat.

Bill, his name was Bill, had to furnish the nightly feast for the play of "Dreams." A simple enough business, for Mr. Edouin carried the chicken, a property bird with detachable arms and legs, and all Bill was called upon to do was to furnish some bread, apples and lemon soda. For this he received a nightly allowance of twenty-five cents, and it was the belief in the company that Bill used to pocket this munificent fee and secure his repast from the kitchen refuse of the dollar-a-day hotels at which he stayed.

Member after member complained to Mr. Edouin, but each was treated with small consideration. The star was not called upon to eat in the play, only to drink the lemon soda, and he insisted that the members of the company were full of fads and fancies.

As a rule Bill was particular to get lemon soda for his star, but on one occasion when the company were doing their best to appear to eat the stuff Bill had provided, they noticed with delight that when Mr. Edouin, as the "Grandfather," pulled the cork out of the stage champagne bottle, a whitish smoke issued from the bottle, and with it a weird odor that permeated the atmosphere. They forgot the horrid fact that they themselves must taste the mixture whatever it was, in the joy of knowing that the star was bound to drink it too—and that for once something had gone wrong with the lemon soda.

Without appearing to notice anything out of the way, the star filled glass after glass with a thickish liquid that smelled like fermented cider.

Mrs. Edouin, who was ever ready for fun, noticed something was wrong, and leaned forward across the table.

"You are going to give us a treat to-night, Grandpa," she said; "don't forget yourself."

Mr. Edouin looked severely at her. Interpolating lines meant a fine of five dollars, even for his wife, and waving his hand so that he could hold his fingers up to her as a sign that she would be fined, he proceeded to fill his glass. The bottom of the bottle was a little thicker than the rest, and as Mr. Edouin poured the liquid from it several flies appeared floating in his glass.

This was too much for mischievous Mrs. Edouin. Spreading out both hands as a sign that she didn't care if she had ten dollars' worth of fine, she sprang to her feet with a new interpolation.

"A bumper, Grandpa," she cried, shaking the gray curls she wore as Grandpa's wife. "I demand that you shall first drink a bumper to the health of the old wife who has stood at your side for more than fifty years."

The house applauded, and there was no help for it, Edouin, with murder in his eyes, was obliged to drink the awful draught, his saucy wife keeping up little cries of "Drink it! To the dress!" till it was gone.

Then before anyone could take breath Edouin vanished. "I hope Grandpa isn't taken ill!" said the wicked lady, but ere the words were spoken the star returned, dragging after him the astonished Bill, who, dressed as a country lout, was ready to drive the sleigh in the next scene.

"Here, mother!" he said; "here's someone who wants to drink your health, too;" and, seizing a bowl, he drained the contents of the bottle into it, and then deliberately emptied all the glasses into it, handed it to Bill.

"Drink that, my lad," he said, cheerily, "and if you leave a drop you'll be discharged!" adding at the same time under his breath: "That's dead earnest. It's full of flies and roaches, and it may be poison for all I know or care; but if you don't drink it up I'll never take you out of this town."

Bill drank it. Then he disappeared with a promptitude that must have bewildered the audience, but for quite a time after that the feast was much better in quality.

James T. Powers was a member of Edouin's company at that time, and he was frequently a victim of Bill's care-

lessness. One of Power's especial acts was the rapid swallowing of a large number of jam tarts which he found upon the scene. When the tarts were properly made he could swallow a couple of dozen and his performance never failed to gain him a hearty laugh. Powers longed for this moment for the rise of the curtain, and nursed it with the greatest care.

It was Bill's duty to make the tarts afresh for each performance by gumming strips of the thinnest kind of whitey brown tissue paper, finished off with a dab of jelly on top. The paper used was so thin that the tarts would collapse with the slightest moisture, and Mr. Powers could pack them away in his cheek without inconvenience.

One night the young comedian had friends in front, and throughout the piece he worked hard for their approval; but the moment he most longed for was when he would be swallowing the tarts. By the time his scene came he was in such a hurry to show how smart he was, that he seized the dish of tarts and crammed half a dozen into his mouth before he discovered that the paper did not collapse as usual, and that he had his mouth stuffed full of stiff, solid wrapping paper that would neither crush nor moisten.

Between rage and mortification Mr. Powers began to choke, and but that Edouin ran on the stage and began pounding him on the back, it is hard to say what might not have happened. As it was, Edouin got the laughter of the house, and Powers' scene fell flat, but a clever comedian was saved for the public.

Talking of stars makes one think of the story about Nat Goodwin and his wife, Maxine Elliot.

It has been going the rounds, and you may possibly know it, but if you don't it's worth knowing.

The couple had been having a somewhat heated discussion as to the real authorship of Shakespeare's plays. Mrs. Nat, getting somewhat weary of Nat's views, snappishly remarked: "Well, when I get to heaven I'll ask Shakespeare, and then I'll know!"

"But suppose he isn't there!" suggested Nat.

Without a moment's hesitation his wife sweetly responded: "Then you'll know!"

They were probably discussing Sothorn's production of Hamlet, which is as beautiful and complete as his rendering of the part is scholarly and satisfying. Sothorn's Hamlet is no crazy prince, but a grief-stricken youth whose whole soul is absorbed in the task of avenging the honor, as well as the life of his well-beloved father, and who is excessively annoyed at the inopportune banalities of Ophelia; as what man would not be under like circumstances. I never did think Hamlet mad, and I never could stand Ophelia.

Sothorn is lucky to have for his manager a man who understands the value of lavish productions and of pleasing the eye as well as the mind. There is a manager not a hundred miles from Mr. Sothorn's who is becoming a proverb for meanness. He pays his people with checks on Christmas eve that he might save the interest on their money till the day after Christmas.

His enemies declare that he recently went to church and was found by the usher seated in the very last pew.

"I think I can find you a better seat further forward," said the young man, agreeably.

The manager shook his head. "Thank you," he said, "but I prefer to stay here and save the interest on the collection box."

### HEALTH AND BEAUTY.

Steaming the face will cause wrinkles rather than cure them, as it has a tendency to rob the tissues of oil.

Avoiding greasy food and wiping over the skin with an astringent daily will do much to shrink large pores.

For perspiring feet the following formula is efficient. Twenty scruples of salicylic acid, one dram of boracic acid, one ounce of talcum powder.

Many unmusical children that are supposedly tone deaf learn rhythm and time, and finally become quite musical by being taught to dance. One child catches the rhythm of the steps when dancing with another, and this is one more reason why every child should be taught the art as early as possible.

Eczema, by no means uncommon among babies, does not always indicate a serious condition of the blood or skin. While it may be the result of internal trouble, a mother should be sure that externals are not causing the irritation. Little garments stiff with starch often make constant friction that might develop eczema. Frequently, however, it is more deep seated and requires the best of medical.

Shock of any kind, such as sudden noise or a bright flash of light, should always be kept from the baby. The first year of his life should be passed almost entirely in sleep, and an infant which shows real brightness during the first twelve months is not necessarily one to be proud of. There is danger that he will be nervously and physically strained in that time and be stupid and dull when older.

A sure and easy method for cleaning the finger nails is to make a paste of powdered borax and lemon juice. Rub this on and under the nails and leave for a few minutes, then scrub with a soft brush dipped in warm suds. Where the nails have been discolored by handling fruit, vegetables or simply need a good cleaning, this simple method will make them clear and white.